



## ANGEL SWIM 2021

### Chris Gale, having recovered from two life changing accidents has successfully swum across the English Channel for Angelman syndrome!

Previously, we reported to you that Chris Gale wanted to get involved in raising awareness and funds for Angelman syndrome research.

On August 2nd, he succeeded!

**Total revenue: € 23.965,-**

This money will benefit research on Angelman syndrome granted by the Angelman Syndrome Alliance (ASA).

#### ASA Members

AS parent organizations from Austria, Belgium, France, Germany, Ireland, Israel, Italy, Japan, Netherlands, Portugal, Spain, United Kingdom and the Nina Foundation

#### ASA Associates

AS parent organizations from Argentina, Hong Kong, Hungary

#### ASA Board

Betty Willemsen, Chair of ASA  
Peter Sel, Vice-Chair of ASA  
Manuel Trocado Costa Duarte, Treasurer of ASA

#### Scientific Advisory Board (SAB)

Hanoch Kaphzan MD, PhD, MPH(PI)  
University of Haifa  
Prof. Dr. Martin Scheffner  
University Konstanz  
Univ.-Prof. Dr. Harald Sitte  
University of Vienna

#### SAB contact

harald.sitte@meduniwien.ac.at

#### Community Advisory Board (CAB)

Pharmaceutical companies can consult the CAB, a joint force of ASA and ASF (USA) to represent the interests of the AS community.

#### ASA / CAB contact

Betty Willemsen  
info@angelmanalliance.eu  
www.angelmanalliance.org

#### Scientists funded by ASA

Ben Distel, PhD, Associate Prof.  
Prof. Dr. Ype Elgersma  
Prof. Dr. Ugo Mayor  
Ben Philpot, PhD  
Dr. Silvia Russo  
Dr. G.M. (Geeske) van Woerden

# AngelSwim on August 2nd, 2021

Review of the most important moments

However, the AngelSwim did not go without a hitch. When Chris was called to make the trek on July 5, he had to quarantine in England a week beforehand because of Corona. Unfortunately, the weather did not cooperate on July 5, so he returned to Belgium without success and had to spend another week in quarantine.

No sooner was this over than he received a call to make the return journey on July 29. Again, he had to quarantine in England and again the weather was too bad and the crossing had to be re-scheduled.

When the ok was given for an August 2<sup>nd</sup>, the waves were right and he set off to the harbor around five o'clock in the morning to make the necessary preparations. Then the conditions for the crossing were gone over with an official from the Channel Swimming Organization.

Two Angelman markings were applied to his back.

To protect the skin from the salt water, Chris lubricated himself well with a green petroleum jelly preparation.

### Ready - steady - go!

After adjusting the watches, Chris entered the water at 6:35 am to first swim for 10 minutes before starting the real run.

Water temperature: 17°C



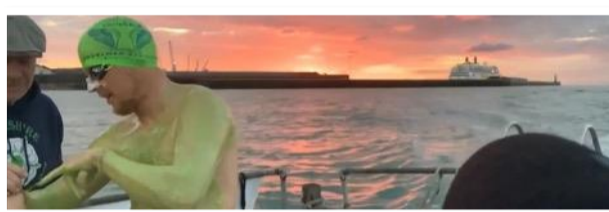
Explanation of the purpose of the AngelSwim and provisioning of the follow boat.



Going over the conditions with an official from the Channel Swimming Organization.



Applying of two Angelman markings.



The necessary greasing.



## Raising Money & Awareness for ASA

Two boats accompanied him: one from the Chanal Swimming Organization and one from which a report of the trip was made. The entire trip could be followed on YouTube and Facebook.

<https://www.youtube.com/watch?v=b1Jjy3r8KsY>

The red numbers give the time from the start.

### Swim, swim and swim again

Occasional sips with a high-calorie drink.

After an incredible 15 hours and 37 minutes, Chris is almost at the French coast. The official captures the arrival on photo.

Due to strong currents, the trip took longer than planned and he arrived much further south in France.



The attentive reader will notice that Chris' swimming trunks changed color during the trip. This had to do with an advertising message that became different in French waters than in English waters.

Chris is greeted on the French mainland by Arjan van Hal. His Angelman daughter, Femke, is also there and applauds this great achievement.

Since under the swim rules, Chris was not allowed to stay longer on the French mainland he went back to England by boat after about a quarter of an hour.



It's accomplished! Back to England.